



# Super You: Release Your Inner Superhero

By Emily V. Gordon

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Superheroes don't start from glorious beginnings. Their origins are almost always marked by traumatic events that leave them helpless and scared. Batman witnessed his parents' murder. Superman was sent away from his dying planet with no one to guide him as he grew up. Orphaned Catwoman was forced to steal food to survive on the streets of Gotham.

What makes these superheroes super is their determination to not be defined by helplessness. They embrace their origins, their flaws, and their mistakes, and strive every day to become the best versions of themselves – for the benefit of themselves and others.

*Super You* is a fun, friendly, and unabashedly geeky guide to becoming the superhero of your own extraordinary life. Author Emily Gordon examines comic book tropes to find lessons that anyone can apply toward overcoming tragic events and adversity in their own lives. With activities in every chapter to help identify each person's superpowers, special tools, personal kryptonite – and weapons against it – *Super You* is the perfect sidekick for every growing hero, empowering everyday people to transform into the most kick-ass versions of themselves.

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## Editorial Review

### Review

"I have often imagined a life in which my only job is to do whatever Emily V. Gordon tells me. *Super You* answers all my prayers, making frustratingly abstract *being-a-person* problems totally manageable."

—**Tavi Gevinson**, founder and editor-in-chief of *Rookie* magazine

"*Super You* isn't a self-help book—it's a manual for badassery. You may never fly or travel through time (drat!), but this book will help you develop your very own special set of super powers. Get ready to get awesome."

—**Aisha Tyler**, actress, comedian, cohost of CBS's *The Talk*, host of *Whose Line is it Anyway?*, and author of *Self-Inflicted Wounds: Heartwarming Tales of Humiliation*

"Emily's drive and confident attitude make her a formidable foe for failure." —**ModCloth**

"*Super You* is a hilarious and inspiring guide about finding, owning and having the courage to be the best you that you can be. You'll start this book as Clark Kent, and Emily will help you find your cape."

—**Garfunkel and Oates**

### About the Author

**Emily V. Gordon** is a former couples and family therapist and current writer and producer. She has written for *Rookie*, Hello Giggles, the Huffington Post, and The Daily Beast. In addition, she hosts a podcast about video games and produces a weekly standup show called *The Meltdown with Jonah and Kumail* that is also a Comedy Central series. Emily lives in Los Angeles, CA.

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